



Annie Pringle
Born II 6.

Number.

Date

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III.	" 27
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V.	" 11.
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Black Jam, Canned Tomatoes Spanish Pickle.
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Brown Stew, Cream of Tomato Soup.
Rice and Macaroni. (Cleaning)
Salt Cod fish, Fish Balls.
Creamed Potatoes. Potato Cakes.
Waffles.
Review. General Rules for Frying.
Candy.

Lesson I

Jellies

Sept. 13. 1911.

Jellies are made of cooked fruit juice and sugar, in nearly all cases the proportions being equal. When failures occur they may usually be traced to the use of too ripe fruit.

Crab Apple jelly.

Cut the crab apples in two. Cover with cold water and boil gently till reduced to a pulp; let drip through a jelly bag or double thickness of cheese cloth. Boil 20 minutes. If spiced jelly is desired put in the juice a bag with stick cinnamon, whole cloves, allspice and a tiny piece of nutmeg. Add the sugar, removing the bag. Boil five minutes, skim and turn into prepared glasses. Let stand 24 hours in a sunny window.

Grape jelly.

Wash the grapes and remove the stems. Put into a preserving kettle and mash. Boil gently 30 minutes. Strain through a jelly bag or double thickness of cheese cloth. Boil five minutes. Add

an equal measure of sugar and boil three minutes. Skim and turn into prepared glasses and let stand in a sunny window for twenty-four hours. Cover and keep in a cool, dry place.

Lesson II.

Sept. 20. 1911.

Canned Peaches

Cover the peaches with boiling water and let stand from 2-3 minutes. Remove at once from the water, peel, place in sterilized jars and cover with a boiling syrup, made any consistency desired. We used one cup of sugar to the cup of water. Boil about five minutes. Place in the glass and screw tops on lightly. Place on a board or rack in boiler; fill to the neck of the jar with warm water; bring to the boiling point and boil ten minutes. Remove from water, put on the rubber overflow with boiling syrup; put the tops on quickly, screw down tight and turn the glasses upside down to test for leaking.

Sweet Pickled Peaches.

Pick small peaches.

2 lbs. brown sugar. 1 of stick cinnamon
1 pt. vinegar. whole cloves.

Boil the sugar, cinnamon and vinegar 20 min. Put the peaches; Place in sterilized jars. Finish as canned peaches using pickle instead of syrup.

Pear Marmalade.

8 lbs. Pears.

8 " sugar

1 pt. boiling water.

1 jar preserved ginger (2 qt)

4 lemons.

Steep the lemon rind; cut thin, in the boiling water about ten minutes. Peel and slice the pears. Boil together sugar, pears and lemon extract for one hour. Add the ginger chopped fine and lemon juice. Cook one hour Turn into jarred glasses. Let stand till cool and seal.

Tomato Sauce.

1 pk. ripe tomatoes 1 teasp. each, cloves, allspice, cayenne.

8 onions.

2 lbs. brown sugar

1 cup salt

$\frac{1}{2}$ lb. mustard seed

1 qt. vinegar

3 tablesp. celery seed.

1 tsp. ginger.

Slice the tomatoes and onions. Let stand over night with the salt. Drain. Add vinegar and spices. Cook $2\frac{1}{2}$ hours. After it has cooked two hours add the sugar and mustard seed in a bag. Just before taking from fire, add the celery seed.

Canning.

Canning is preserving sterilized fruit in sterilized air-tight jars. The fruit should be fresh, firm of good quality and not over ripe. If the fruit is over-ripe some of the germs may survive the boiling then fermentation will take place in a short time.

To sterilize jars.

Lay the jars on a cloth in a pan of warm water and bring to the boiling point. Stand on a cloth while filling.

8.
Lesson III.

Creamed Cauliflowers Sept-27.

Soak the cauliflowers, head down, in salt and cold water for twenty minutes. Remove from the water and cut away all leaves and stalk and discolored part. Then place head upwards in enough boiling salt and water, (1 tsp. salt to 1 pt water) to cook properly. Boil for about twenty minutes over a slow fire until tender. Lift carefully from the water and when all the water has drained off, place in a serving dish. Pour round it white sauce and serve hot.

White Sauce.

1 cup milk	1 Tablesp. butter
2 Tablesp. flour	$\frac{1}{2}$ Teaspoon salt.

Dash of Pepper.

Mix & make a paste the flour and an equal quantity of cold milk. Using $\frac{1}{2}$ milk and $\frac{1}{2}$ vegetable water, scald the milk. Add the flour paste and stir constantly until it boils and thickens. Then add the salt, pepper and butter. Pour over the vegetable.

Lesson IV.

Peach Jam.

Oct. 4. 1911.

Scald and peel the peaches. Cut in quarters. The stones may be put in whole or cracked, putting in the kernels. Weigh the fruit and place in a saucepan with just enough water to keep from burning. Cook slowly till the peaches are soft. Add the sugar, varying from $\frac{1}{2}$ - 1 lb. to each lb. of fruit. Cook till the sugar dissolves and penetrates the fruit, usually about ten minutes. Turn into jars and glasses and seal.

Note. This was done $\frac{3}{4}$ lb. of sugar to 1 lb. of fruit.

Canned Tomatoes.

Scald and peel the tomatoes. Cut in pieces and cook until thoroughly softened. Skim often during cooking. Fill the jars following directions for canning Spanish or Green Tomato Pickle.

1 peck green tomatoes

 $\frac{1}{2}$ oz. peppercorns.

4 onions

 $\frac{1}{2}$ cup brown mustard seed.

1 cup salt.

1 lb. brown sugar.

 $\frac{1}{2}$ oz. cloves.

4 green peppers.

 $\frac{1}{2}$ oz. allspice berries.

cider vinegar.

Sprinkle alternate layers of onion and tomato with salt. Let stand over night. Drain, add remaining ingredients using enough vinegar to cover. Boil gently $\frac{1}{2}$ hour.

Lesson II

Spiced Crab Apple jelly. Oct. 11. 1911.

Make the jelly according to directions given, (see Lesson I). Just before removing from the fire add bitter almond extract to taste usually $\frac{1}{2}$ teaspoon of extract to every cup of juice.

Note Peach skins will give somewhat the same flavor.

Lesson VI.

Care of Meat.

Oct. 18. 1911.

- (1) Remove from paper.
- (2) Cut away any discolored parts.
- (3) Wipe with a damp cloth.
- (4) Keep in a cool, dry, place.

Vegetable Soup.

1 lb. beef.	2 qts. cold water.
$\frac{3}{4}$ cup minced carrots.	$\frac{1}{2}$ cup potatoe cubes.
$\frac{1}{4}$ " " onion.	2 tablesp. rice.
$\frac{1}{2}$ " " turnip.	2 " flour.
2 tablesp. " celery.	$\frac{1}{8}$ teasp. pepper.
$1\frac{1}{4}$ teasp. salt.	

Cut the meat into $\frac{1}{2}$ inch cubes. Put it in the stew-pan with the cold water and bring to boiling point. Mix the flour with $\frac{1}{2}$ cup of cold water and stir into the boiling stock. Add the rice and simmer one hour. Add the onion, celery and carrot and cook one hour longer. Add the turnip, potatoe, salt pepper and simmer for $\frac{1}{2}$ hour. Serve hot.

- Notes. (1) Soup should always be tasted before being served.
- (2) This soup may or may not be strained.
- (3) If cared for $\frac{1}{2}$ cup of finely shredded cabbage may be added with the carrot and onion.

Cream Soups.

These are made in a great many varieties, one or more cold, cooked vegetable being used. Vegetable water and milk. Seasonings may be added to taste. Thicken with flour. Add butter, pepper and salt.

General Recipe.

1 cup liquid, $\frac{1}{2}$ milk $\frac{1}{2}$ vegetable water.
 $\frac{1}{4}$ cup vegetable pulp.
 { $\frac{1}{2}$ to 1 tablesp. flour for starchy vegetable (potato)
 1' - $1\frac{1}{2}$ " " " non " " (celery)

1 tablesp. butter
 salt and pepper.

Make a smooth paste by adding to the flour an equal quantity of milk. Put the vegetable water, milk and pulp on to scald. Add the flour paste and boil, stirring constantly until it thickens. Add the butter, pepper and salt. Remove from the fire and serve hot.

CROUTONS

Cut stale bread in sections $\frac{1}{8}$ " thick. Remove the crusts. Spread thinly with butter. Cut in cubes and place in an oven till browned. Serve with cream soups.

Lesson VII.

General Rules for Cooking Vegetables. Oct. 25/11.

- (1) If vegetables are withered soak in cold water from 15-minutes to 1 hour.
- (2) Wash; pare, peel or scrape the vegetable.
- (3) Vegetables must be put on to cook in boiling water using just enough to cover; boil gently till tender.
- (4) Strong-smelling vegetables (onions, cabbage etc.) should cook at simmering point, being kept closely covered.
- (5) Vegetables that grow above ground, including onions should be cooked in salted water.
(1 tsp ^{salt} to 1 pt water.)
- (6) Vegetable water should be saved for soups, sauces etc.

Escalloped Vegetables.

Place in a baking dish one or more cold, cooked vegetable. Pour over it white sauce. Cover the top with stale or dried bread crumbs. Place in a hot oven till brown. Serve at once.

- Note.
- (1) Carrot and peas make a good combination.
 - (2) For potato 'scallop' potato should be cubed. A little cooked onion, raw celery or chopped parsley may be added.

Lesson III.
Nov. I.

Review.

To prepare vegetables, - If vegetables are to be minced or cubed, take for example, a carrot, wash and scrape it thoroughly. Cut in quarters lengthwise. Cut in thirds lengthwise still retaining the original shape. Place on a board and cut crosswise in thin slices. Raw vegetables are prepared in this way for soups, stews, etc. Cooked vegetables are prepared for salads.

Note. If preparing large quantities of vegetables raw they may be put through the meat chopper.

Vegetable Soup.

$\frac{1}{2}$ cup carrots.
 $\frac{1}{2}$ cup turnip.
 $\frac{1}{2}$ cup celery
 $1\frac{1}{2}$ cups potatoes.
 $\frac{1}{2}$ onion.

1 qt. water.
 $\frac{1}{2}$ -tablesp. butter ^{or dripping} or sweet.
 $\frac{1}{2}$ Tablesp. parsley
salt.
pepper.

Prepare the vegetables as above and measure. Mix the vegetables, except the potatoes and cook ten minutes in 4 tablesp. of butter stirring constantly. Add the potatoes. Cover and cook two minutes. Add boiling water and cook one hour. Beat with a fork or spoon to break up the vegetables. Add remaining butter and parsley. Season.

Escallop.

Potato with Fish, - Follow general rules for
 escallops. Flake the fish, removing the skin and
 bones and season. If using canned salmon
 use one tablespoon of the fish oil instead of
 butter in white sauce.

Note, - Onions with white sauce.

Escalloped Carrots and peas.

Lesson IX.

Brown Stew.

- | | |
|---------------------------|-----------------------------------|
| 1 lb. beef. | 1 very small onion. |
| 1 cup c. water | $\frac{1}{4}$ cup carrots (cubed) |
| 2 tablesp. flour | $\frac{1}{4}$ " turnip (cubed) |
| $\frac{3}{4}$ teasp. salt | $\frac{1}{8}$ teasp. pepper. |

Cut the fat off the meat and put it in the stew pan to fry out. Cut the meat in two inch pieces. Roll in the flour and brown in the fat. Add the water and prepare vegetables and simmer two and one-half hours. Add pepper and salt. Serve in a hot platter.

Dumplings for Stew.

- | | |
|----------------------------|-------------------------------|
| 1 cup flour. | 2 teasp. baking powder |
| $\frac{1}{4}$ teasp. salt. | about $\frac{1}{3}$ cup milk. |

Sift the flour salt and baking powder together. Add enough milk to make a very soft dough. Drop by spoonfuls into the hot stew. Cover quickly and boil gently twenty minutes. The lid must not be lifted during the 20 minutes. Cold water may be substituted for the milk.

Cream of Tomato Soup.

1 pt. tomatoes or $\frac{1}{2}$ can.	$\frac{1}{2}$ teas. sugar	1 pt. milk.
$\frac{1}{2}$ bay leaf.	$\frac{1}{8}$ teas. soda.	2 tablesp. butter
$\frac{1}{2}$ blade maise.		3 tablesp. flour.
spring of parsley.		$\frac{1}{2}$ teas. salt

Cook the ingredients of column I for fifteen minutes. Force through a coarse sieve and reheat the juice. Mix the flour with an equal quantity of cold milk and stir to a smooth paste. (Cook until it thickens) Scald the remainder of the milk and stir in the paste. Cook until it thickens stirring constantly. Add the butter, salt and pepper. When ready to serve stir in the hot tomato into the boiling sauce and continue stirring until thoroughly blended. Sugar and soda may be added to tomato juice. Serve at once.

Lesson V

Nov. 15.

Methods of Cooking.

All methods of cooking may be divided into two classes. The first where the heat reaches the food directly and the second through a medium, usually water.

Dry Heat		Moist Heat	
Method	Example	Method	Example
Basting	bread	Rapid Boiling	Rice, Macaroni
Frying	Codfish balls.	Gentle Boiling	Rotatoes
Sautéing	Fish Cakes.	Simmering	Codfish.
Broiling	Steak	Steeping	Lemon Curd
Par-boiling	Steak	Stewing	
Baking		Dry Steaming	Custard, Scalding milk.
Roasting			

Combination of Dry and Moist Heat

- (1) Braising
- (2) Fricasséeing

Lesson V.

Methods of Cooking.

1. * Rapid Boiling is used when the quantity of water is from six to eight times greater than the portion of food. When the particles of food are small and will not break readily, the motion of the water prevents the food from sticking.
2. * Braising is combining baking and steaming. (Braised Beef).
3. ~ Fricasseeing is combining sautéing and simmering (Brown stew).
4. * Roasting properly speaking is cooking before an open fire. A "jack" is required which being wound up causes the meat to revolve slowly before a bright fire. In this country it usually means cooking ^{in an oven} or baking.
5. * Frying is cooking immersed in fat from 200° - 460° F.
6. * Sautéing is putting the food on a hot greased pan.
7. Broiling is cooking directly over hot coals or gas. The cut surfaces are sealed preventing the escape of juices and especially palatable flavours are developed in the browned surfaces.
Fried, tender meat, potatoes, young chicken

8. Pan broiling is cooking on a very hot frying pan.
9. Baking is cooking in the dry heat of an oven, a method by which almost every kind of food may be cooked.
10. Simmering is cooking in liquid at a temperature of $180^{\circ} - 196^{\circ} F$. This method is used to soften connecting tissues.
11. Steaming in the ordinary household is cooking in the steam from boiling water.
12. Steeping is a method of extracting the flavor from substances.

Lesson V.

Rice.

1 cup rice
2 quarts water.
1 teasp. salt.

Macaroni.

$\frac{1}{2}$ cup macaroni.
3 cups water.
 $\frac{3}{4}$ teasp. salt.

Break the macaroni into inch pieces
and wash the rice. Put into the boiling,
salted water. Cook rapidly until soft.
Strain, rinse with boiling water and
dry. Serve hot.

White Sauce.

1 cup milk.
2 tablesp. flour.

$\frac{1}{2}$ tablesp. butter
 $\frac{1}{2}$ teasp. salt.

Dash of pepper.

Mix to a smooth paste an equal quantity
of milk and flour. and scald the remainder
of milk. Add to it the flour paste Boil
until thick, stirring constantly. Add
the butter, pepper and salt and remove
from the fire.

Rice and Cheese Escallop.

Macaroni "

Add 3 or 4 tablesp. grated dry cheese & white
sauce just before taking from the fire. Finish
as escalloped vegetables. (Lesson 7)

Cleaning Silver Polish.

$\frac{1}{2}$ cup alcohol.

2 tablesp. powdered borax.

$\frac{1}{3}$ cup sifted whiting.

Mix and keep in a closely corked bottle. Shake before using. With a soft cloth or flannel rub the silver all over with the polish and let it dry. Rub it off with a clean, dry flannel or soft cloth. Clean out all cracks with a soft brush. If very fine silver polish with dry chamois.

Lesson II.

Salt Codfish.

Soak the Codfish in cold or warm water from six to eight hours. Put on to cook in boiling water using just enough to cover. Cook at simmering point until the flesh falls freely from the bones (between 20 or 30 minutes) Remove from the water and flake, removing the bones.

It may be served in white sauce.

Make an escallop using potatoes and combine with potatoes for fish balls.

Creamed Potatoes.

Mash the potatoes until they are free from lumps.

1 cup potatoes 2 tablesp. hot milk
1 teasp butter $\frac{1}{4}$ teasp. salt.

Dash of Pepper.

Add the milk, in which the butter has been melted and the salt and pepper. Beat till very light and creamy. Reheat if necessary and pile lightly in a warm dish.

Lesson II.

Fish Balls.

- 1 cup salted codfish.
- 2 heaping cups creamed potatoes
- 2 tablesp. butter or shortening.
- 1 tresp. pepper.
- 1 well beaten egg.

Add the fish to the potatoes. Put in the butter, pepper and, salt if necessary. Beat well for two minutes. Add the well-beaten egg. Shape into balls using the hands. Cook on a hot greased pan till nicely browned. If cooked in this way, the egg may be omitted and the balls should be slightly flattened. They may be fried in deep fat. In this case always add the egg and shape the ball round. Drain on brown paper.

Lesson XII.

Nov. 29.

Creamed Potatoes.

Mash the cooked potatoes until they are free from lumps. Add about two tablespoonfuls of hot milk and 1 teaspoon of butter melted in the milk and $\frac{1}{4}$ teasps of salt and a dash of ^{white} pepper to every two cups of potatoes. Beat until very light and creamy. Reheat it if necessary and pile lightly on hot dish. Serve.

Potato Cakes.

Put creamed potatoes very firmly in a square or oblong pan, having the potatoes from $\frac{3}{4}$ to 1" thick. Chill till very cold. Cut in squares (large enough for a serving). Remove from the pan. Brush the tops with melted butter and brown in a hot oven. Or.

Flip in egg, crumb, egg and crumb again and fry in deep fat. Serve hot.

Broiling.

Tender Steak, cut thick.

Butter.

Salt and Pepper.

Have a clear, glowing, hot bed of

of coals. Trim the steak and put together as compactly as possible. Put platter to warm and place butter, salt and pepper at hand. Grease the wires of the broiler with fat and lay the meat between the wires. Hold meat near the coals and count ten. Continue this for one minute. Then hold a little farther from the fire and turn less frequently until cooked just before taking from the fire dredge both sides with salt and pepper. Lift

to the platter and spread on the butter. Steak should cook rare in 5 minutes should look puffy and be red but not purple inside.
Pan broiled. Tender steak cut one inch thick.

Butter, pepper and salt. Put the platter to warm, have butter, pepper and salt at hand. Heat the frying pan, sizzling hot. Lay the meat on and turn immediately. Continue turning for one minute. Lower the fire after the first minute, just before taking from fire dredge both sides with salt and pepper. Lift to the platter and spread on the butter. A small quantity of boiling water may be poured in the pan. This will take up any juice that has run out of the meat and cooked on the pan. Pour over the meat and serve at once. Steak should cook rare in ten minutes.

Lesson VII

Dec. 6.

Doughnuts.

1 egg	2 cups flour
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ tsp. salt
2 tablesp. milk	$\frac{1}{4}$ tsp cinnamon
1 tablesp. melted fat.	2 tsp. baking powder
about $\frac{1}{3}$ cup milk.	

Sift the flour (keeping out 1 tablesp. for baking board) salt, cinnamon and baking powder into bowl and make a well in the centre. Beat the egg and sugar until sugar is dissolved and add to it 2 tablesp. of milk. Pour into well in centre of dry ingredients and add the melted fat. Stirring with a knife. Add enough of the remainder of the milk to make a soft dough yet stiff enough to handle. Turn on a floured board and roll about until well coated with flour. Knead just enough to make the outside smooth. Roll or press out $\frac{1}{2}$ " thick. Cut in rings and fry in deep fat. Drain on brown paper.

Lesson XIV.

Frying.

Dec. 13.

Frying is cooking food by immersing it in fat at a temperature of from 360° - 420° F.

The temperature varies in the different fats, butter having the lowest burning point (about 266°) while olive oil has the highest above 608° . Lard coming about mid-way between (about 390°). Goose grease comes below olive oil, while beef and mutton are just before lard.

General Rules for frying.

1. Use an iron or granite-ware kettle. The fat should be three inches from the top and deep enough to cover the food.
2. Heat the fat by a steady fire. It is the right temperature (1) when the surface is smooth (2) when an inch cube of bread browns in sixty seconds (3) when a tiny cloud of blue smoke gathers at the centre.
3. Have the food as dry as possible, not too cold, and with no ragged edges.

Lesson XLV

- (4) Take out without piercing and drain on crumpled, brown paper.
5. When through frying set the fat aside & cool. Strain through a fine sieve or cheesecloth. This fat may be used many times but is spoiled if burned.
6. Two-thirds lard with one-third beef or mutton fat makes a good frying fat.

Foods to be fried have either a large quantity of egg or are dipped in egg. When the food touches the fat the egg is cooked immediately, so preventing the fat from soaking into the food!

Dec. 20.
Lesson IV.

Candy.

Velvet Molasses Candy.

1 cup molasses 3 tablesp. vinegar
3 cups sugar $\frac{1}{2}$ tsp. Cream of tartar
1 cup boiling water 4 tablesp. butter
 $\frac{1}{2}$ tsp. soda.

Place the sugar molasses and water and vinegar over the fire. When it reaches boiling point add the cream of tartar. Boil until when tried in cold water the mixture becomes brittle. When nearly done add butter and soda. This must be stirred carefully during the latter part of cooking to prevent burning. Turn on to a buttered pan. When cool enough to handle pull, twist and cut in pieces.

Peanut Brittle.

Scour an iron or steel frying pan with salt and paper. Grease a tin and place on it shelled peanuts. Put in a pan any amount of granulated sugar. ^{Stir} carefully with a metal spoon so that the sugar will melt

Candy.

evenly. As soon as melted pour at once over the peanuts. Great care must be taken to do this quickly as the brittle will be ~~butler~~ if the sugar is browned.

Vinegar Taffy.

2 cups Sugar w. or g.

$\frac{1}{2}$ cup vinegar.

2 tablesp. butter.

Melt the butter. Add the sugar and vinegar. Stir till sugar is dissolved. Boil gently without stirring until the mixture becomes brittle in cold water. Finished same as ^{silver} molasses Candy.

Cream Peppermints.

$1\frac{1}{2}$ cups. sugar.

$\frac{1}{2}$ cup boiling water.

6 drops oil of Peppermint.

$\frac{1}{4}$ tsp. Cream of Tartar.

Add the water to the sugar and cream of tartar. Boil gently ten minutes or till it forms a soft ball in cold water. Add the peppermint and beat until heavy enough to keep its place.

Pour from tip of spoon on slightly greased paper.

Note.

If a color is desired, add the coloring with the peppermint.

Table of Lessons Winter Term 1912.

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I.	Jan. 3.	Finger Snaps.
II.	" 10.	Bread Making.
III.	" 17.	" "
IV.	" 24.	" "
V.	" 31.	Rolls.
VI.	Feb. 7.	Bread Variations.
VII.	" 14.	Milk or Tea Biscuits.
VIII.	" 21.	Pastry.
IX.	" 28.	Orange Marmalade.
X.	Mar. 6.	Review.
XI.	" 13.	Standard Cake.
XII.	" 20.	Variations of Standard Cake.
XIII.	" 27.	Review of Variations. Cost.
XIV.	Apr. 3.	Boiled Sugar Sponge Cake.

Lesson I.

Jan. 3.

Ginger Snaps.

1 cup molasses

 $\frac{1}{2}$ teasp. soda $\frac{1}{2}$ " shortening

1 tablesp. ginger

 $3\frac{1}{4}$ " flour $1\frac{1}{2}$ tsp. salt.

Heat the molasses with the shortening till the latter is melted being careful not to boil the molasses. Cook slightly and pour into the centre of the sifted flour, soda, ginger and salt. Mix into a stiff dough, using a knife, set aside till very cold. Turn on a slightly floured board. Roll as thinly as possible. Cut; place close together on a greased pan and bake in a hot oven.

Note. Ginger Snaps usually take from three to eight minutes.

Lesson IV.
Jan. 10.

Bread Making.

Yeast.

Yeast is a microscopic plant which grows and multiplies freely under favorable conditions. As it grows it gives off a gas, (Carbon dioxide) This fact is of great value in bread making for the gas blows up the dough making a light loaf possible.

The requirements for growth are

- (1) Moisture
- (2) Food
- (3) Warmth
- (4) Air.

I. Moisture, -

The more moist the mixture is the more rapidly will the yeast plant grow.

II Food, -

Favorable foods for yeast are potatoes, potato water, sugar and hops.

III Warmth, -

The most favorable temperature is from 70° to 90°. Freezing 32° does not kill the plants although it stops their

Bread - Making.

growth. Boiling point however at 112° kills the plants. At 130° growth ceases.

IV Air;—

The plants require air for growth. This is supplied by heating the bread mixture.

To test the temperature of a liquid in which to put yeast drop on the wrist where it should feel neither hot nor cold.

To test the growth of dry and compressed yeast place a small quantity of yeast in warm water to which sugar has been added. Stir to entangle some air and keep at a temperature of from 70° to 90° (warm) for about 15 min. Look for any change. Compressed yeast in 15 min showed rapid growth while dry just showed signs of starting.

The best bread flour may be judged by the following tests.

1) Slightly creamy in color.

Bread making.

- (2) It should be slightly granular
- (3) It should not maintain the impression of the fingers.
- (4) It can be kneaded into a fine, elastic dough. This dough when washed in cold water showed flour to be composed of (1) starch (1) a sticky elastic substance called gluten. The greater proportion of gluten in a flour the better it is for bread. If it were not for the presence of gluten a loaf of bread would be impossible.

Lesson IV

Bread-making.

- 1 pt. liquid - half milk, half water.
 1 tsp. salt.
 $\frac{1}{2}$ yeast cake
 $\frac{1}{4}$ cup warm water
 1 tablesp. butter
 1 tablesp. sugar.

Scald the milk with the butter and sugar. Put the salt in the mixing bowl. Add to it the scalded milk and water to make the whole the right temperature. Stir in the dissolved yeast-cake. Add enough flour to make a batter that can be beaten without splashing. Beat till smooth and full of bubbles. Add enough flour to make a soft dough. Turn onto a slightly floured board and knead with a gentle, rocking motion till smooth and elastic.

Lesson IV.
Jan. 24.

Bread Making

Bread-making may be divided into four stages, - 1. Ferment.

2. Sponge.

3. Dough.

4. Baking.

The Ferment. - This consists of the yeast plus some stimulus in the form of food, sugar, potatoes or potato water. The custom is to allow this stand in a warm place till the yeast plants begin to grow and there is a good supply of gas breaking in bubbles on the surface. This may be used for the three kinds of yeast but is always used for dried yeast.

II. The ingredients for bread are,

1 pt liquid, $\frac{1}{2}$ milk, $\frac{1}{2}$ water.

{ $\frac{1}{2}$ yeast cake.

{ $\frac{1}{4}$ cup lukewarm water.

or $\frac{1}{2}$ cup yeast.

1 teasp. Salt.

Flour.

Additional ingredients are, 1 tablesp Sugar.

or. 3 " butter
potatoes

Bread Making.

The sponge is made by using all of the ingredients except flour, enough of this being added to make a batter that can be beaten without splashing. Beat till smooth and full of bubbles. If using home made or dry yeast, - Royal is the most common one, - set this in a warm place to rise until very light and full of bubbles.

3. The Dough, - Add to the light sponge or if compressed yeast is used to the sponge just made enough flour to make a dough, soft but firm enough to handle. Knead till smooth, velvety and elastic. Let rise in a warm place till double its bulk.

4. Baking. We bake bread for the following reasons, I. To kill the ferment.

2. Expand gas and drive off the alcohol.

3. Stiffen the gluten.

4. To cook the starch and so render it digestible.

5. To develop flavour, particularly in the crust.

The oven should be hot enough to brown

Bread Making.

a spoonful of flour in 5 min. The bread should be baked from 1-1½ hours. It should rise during the first 15 min. In the second 15 or 20 min. begin to brown. After that time reduce the heat. When taken from the oven if tapped on the bottom it should give a hollow sound. Cool the bread on a rack or across the top of the pan in a free circulation of air. Never wrap the bread up. When cool keep in a covered stone jar or tin box. This box should be washed, scalded, and sunned every day in summer and twice a week in winter.

Yeast.

Liquid, dry or compressed yeast may be used for baking bread. The compressed yeast cakes are the most satisfactory for beginners, as their strength varies less than liquid or dry yeast. A fresh yeast cake has a fresh nutty smell, breaks readily, is creamy and even in color. If soft or discolored it should not be used. If there is any uncertainty about the cake place it in lukewarm water with a little sugar, for about 20 min. If by that time it is bubbling freely, it may be used with safety.

Yeast plants grow and multiply very rapidly under favorable conditions. As they grow they produce

V.

Rolls.

Jan. 31.

1 cup milk.

 $\frac{1}{4}$ yeast cake.

1 tablesp butter.

2 tablesp. warm water.

1 " sugar

 $\frac{1}{2}$ tsp salt.

In making rolls, for the sponge use all or part pastry flour. Make a sponge and dough same as for bread, ~~making~~ the dough a little softer than bread dough. Knead the light dough till all the large bubbles are broken ^{Get in as much air as possible till double the bulk}. Roll out about $\frac{1}{2}$ " thick. Cut with a biscuit cutter. Make a crease through the center of each piece using the handle of a knife. Brush one half with soft butter. Fold over and press the edges firmly together. Place one inch apart on a greased pan. Let rise until double their bulk (from 1-2 hrs). Bake in a hot oven 20-25 minutes. As the rolls rise they will part slightly and if raised in too warm a place will lose their shape.

Conclusion
of
Yeast.

a gas, carbon dioxide and alcohol. The process is thus called fermentation; the yeast being termed the ferment. The carbon dioxide and the alcohol are both driven off in the heat of the oven.

Lesson VI

Feb. 7.

Bread Variations.

1. Entire Wheat Bread.

2 cups milk. 1 teasp. salt.
 $\frac{1}{4}$ cup brown sugar or. 1 yeast cake
 3 " molasses. $\frac{1}{4}$ cup warm water.
 4 $\frac{2}{3}$ cups whole wheat flour.

Put the yeast cake with $\frac{1}{4}$ - $\frac{1}{2}$ teasp of sugar into the warm water and set aside. Mix together the milk, sugar & molasses and salt. When the yeast ferment is ready add to the molasses mixture adding enough flour so that it may be beaten without splashing. Beat until bubbles rise to the surface. Add flour gradually until there is a stiff dough. Let rise in a warm place till double its bulk.

2.

Graham Bread.

2 $\frac{1}{2}$ cups liquid. $\frac{1}{4}$ yeast cake.
 $\frac{1}{3}$ cup molasses or. $\frac{1}{4}$ cup warm water.
 $\frac{1}{4}$ " brown sugar. 3 cups flour (white).
 1 $\frac{1}{2}$ teasp. salt. 3 " Graham flour.

Put the yeast cake with $\frac{1}{4}$ - $\frac{1}{2}$ teasp.

Bread Variations.

of sugar into the warm water and set aside.
 Mix together the liquid, molasses or brown sugar and salt. When the yeast ferment is ready add to the liquid etc, adding enough white flour to be beaten without splashing. When bubbles rise and the mixture is smooth add the remaining flour and enough Graham flour to make a stiff dough. Let rise in a warm place till double its bulk.

3. 2 hind Bread.

2 cups water.

1 cup rye

1 yeast cake.

1 " cornmeal.

 $\frac{1}{2}$ tablesp salt.

3 " w. flour.

 $\frac{1}{2}$ cup molasses.

Make the yeast ferment using all the water, heated to the right temperature. When the ferment is ready add the molasses and salt and enough white flour to make a sponge that can be beaten without splashing. Beat till smooth and full of bubbles. Add the remaining flour and the rye and cornmeal, to make the stiff dough.

Bread Variations

Let rise in a warm place till double its bulk.

Rolled Oats Bread.

2 cups boiling water.	1 tablesp. butter
1 cup rolled oats.	$\frac{1}{2}$ yeast cake.
$\frac{1}{2}$ cup molasses.	4 $\frac{1}{2}$ cups flour
$\frac{1}{2}$ tablesp. Salt.	$\frac{1}{2}$ cup warm water.

Scald the rolled oats with the boiling water and allow it to stand in a warm place for 1 hr. Add to it the molasses salt and butter. Add the yeast ferment and beat well. When large bubbles rise add the white flour gradually until the dough is stiff. Let rise in a warm place till double its bulk.

General Rules for Baking.

When these breads are light stir down with a spoon and place in a greased pan. Let rise in a warm place about one hour. These breads particularly entire wheat will not quite double their bulk. Bake according to General Rules.

Lesson VII.

Feb. 14.

Milk or Tea Biscuits.

1 cup flour

 $\frac{1}{2}$ tasp. baking powder $\frac{1}{4}$ tasp. salt. $\frac{1}{2}$ - 2 tabbsp. shortening.about $\frac{1}{2}$ cup milk.

Sift flour, salt and baking powder into bowl. Cut or rub in the shortening. Mix to a soft dough with the milk. Turn on the lightly floured board and roll around to coat with flour. Knead just enough to make the outside smooth. Roll or press out $\frac{3}{4}$ " thick. Cut in biscuit. Place on a greased baking pan. Brush the top with milk and bake in a hot oven 20 min.

Note.

Success depends upon having the ingredients cold. Mixing quickly and handling as little as possible.

Variations

1. Emergency or Drop Biscuits.
2. Pinwheel biscuit.
3. Stewed pudding.
4. Shortcake.
5. Dutch apple cake.
6. Sweet biscuit.

Variations

1. Emergency, This is the same as the original except that $\frac{1}{2}$ cup milk is used. They are dropped on a greased pan.
2. Roll dough in oblong shape. Spread thinly with soft butter, spices, sugar currants, raisins, peels or anything one wishes. Roll up and cut with a sharp knife $\frac{1}{2}$ " thick. Lay cut side up and bake.
3. Line a greased mold with dough. Place any fruit in the centre. Cover top with another piece tucking it down well. Steam from $1\frac{1}{2}$ - 2 hours.
4. Double the shortening and sugar may be added.
5. Make the mixture thin as in No. 1. Drop in the pan. Stand slices of apple all over it and bake.
6. Add 1 tablesp. of sugar and a little fruit.

Lesson VIII.

Feb. 21.

Pastry.

$\frac{3}{4}$ lb. shortening — 1 lb. flour.
 $1\frac{1}{2}$ c. " — 4 cups "

None but the best ingredients should be used in making pastry. It is much wiser to have good pastry once a week than poor pastry every day. The pastry should be light, flaky and tender. To accomplish this use the best pastry flour, good butter and good lard. All these ingredients should be cold and if possible a cool place to make the pastry. The proportion of shortening may vary from $\frac{1}{4}$ - 1 lb. shortening to every lb. of flour (2 cups shortening 4 cups flour).

The shortening may be all butter all lard or a proportion of each. A good pastry may be made by using the following 1 lb. flour $\frac{3}{4}$ lb. shortening being one part lard to two of butter. (4 cups flour 1 cup butter $\frac{1}{2}$ cup lard)

Cut the lard into the flour using a knife. With practice this may be

Lesson IX.

Feb. 28.

Orange Marmalade.

4 lb. fruit.

- (1) all bitter oranges.
- (2) $\frac{1}{2}$ bitter $\frac{1}{2}$ Sweet oranges.
- (3) $\frac{1}{2}$ bitter $\frac{1}{2}$ Sweet oranges & lemons, sweet oranges being double the number of lemons.

The numbers are, - 4 marmalade oranges makes two lbs.

4 or 5 sweet oranges.

2 or 3 lemons.

8 lbs. Sugar.

Water to cover to be reduced to 4 pints.

Wipe the fruit carefully and cut the pairings into fine shreds or put through a meat grinder. Tie the pairings in a cheese-cloth bag. Cut up the fruit in small pieces leaving the seeds in. Place the bag and fruit in the preserving kettle. Cover with cold water and let stand over night. Boil gently three hours. Remove the bag of pairings and strain the fruit through a jelly bag. Measure the juice and

Orange Marmalade.

make it up to four pints. Turn the pairings into this. Boil gently 20 min. Add the sugar and let boil 15 min. Turn into prepared glasses (see Lesson IV)

Note. Lemon pairings, - These are tough and may be left out, the whole lemon being sliced with the fruit.

Cost of Marmalade.

Oranges	31 ¢.
Lemons	4 ¢.
Sugar.	55 ¢.
Total.	90 ¢.

No of pints — 8.

Cost per pint — $11\frac{1}{4}$ ¢.

This recipe usually makes 9 pints.

Orange Marmalade Jelly.

This is made by keeping the pairing out when measuring 4 pts. of juice. Boil this juice gently 15 min. Add the sugar and boil 15 min. Turn in prepared glasses, let stand in a sunny window 24 hours. Cover and keep in a cool, dry place.

Cost, Fruit,	40 ¢.	Total	94 ¢.	Cost per glass
Sugar	54 ¢.	No. of Glasses	16.	= 6 ¢.

Lesson x.

Mar. 6.

Review.

Bread.

Rolls.

Pastry.

Lea Biscuits.

Lesson XI.

Mar. 13.

Standard Cake.

 $\frac{1}{4}$ c. butter. $\frac{1}{2}$ c. milk. $\frac{3}{4}$ c. sugar. $1\frac{1}{2}$ c. flour.

2 eggs.

 $1\frac{1}{2}$ tsp. b. powder. $\frac{1}{2}$ tsp. vanilla.

Cream the butter and sugar until sugar is dissolved, adding a very small quantity of boiling water. Separate the eggs. Stir in the beaten egg yolks. Add to this ^{the milk, + flour + baking powder} with the quantity of boiling water subtracted, alternately till all are used. Fold in the stiffly beaten egg whites and vanilla. Bake in a moderate oven about 40 minutes.

Lesson XIV
 Mar. 20.

Standard Cake

Variations.

I. Chocolate Cake - 1 square chocolate.

2. Spice Cake - $\frac{1}{2}$ tsp. cloves.

1 tsp. cinnamon.

$\frac{1}{2}$ " allspice.

Grating of nutmeg.

III. Peel Cake, - $\frac{1}{2}$ cup peel, cut very fine.

IV. Walnut Cake, - $\frac{1}{2}$ cup walnut, chopped fine.

V. Sultana Cake, - $\frac{1}{2}$ cup sultana raisins
 cleaned \approx

$\frac{1}{2}$ cup raisins stoned and cut
 in pieces.

I The chocolate is melted in the top of a double boiler. It is put in when part of the flour is in. If unsweetened chocolate is used a little sugar is added to it.

II. The spices are sifted in with the flour and baking powder.

III Roll the ^{peel in} flour and put in just before the white of eggs, increasing the quantity of flour $\frac{1}{4}$ cup.

IV Put in just before the egg whites are folded in.

V. Roll the raisins in flour and put in before the egg whites increasing the quantity of flour $\frac{1}{4}$ cup.

Lesson XIII.

Mar. 27.

Standard Cake. Cost.

Butter, @ 27c. — 3 cups.	.0337
Sugar @ .084 — 2 "(fine granulated), .03.	
Eggs. @ 24c.	.04
Milk @ 07c.	.0887
Flour. @ 25c. — 4 cups.	.0112
b. powder @ 25c. 3 cups.	.0026
Total.	.1262 c.

I. Spice Cake.

Standard Cake	.1262
Spices	.001
Total	.1272

II. Chocolate, $\frac{1}{2}$ lb @ 25c.

Standard Cake.	.1262
Chocolate.	.0312
Total.	.1578

III. Sultan's Cake.

Standard Cake	.1262
Peel, sage Raisins 20c — 2 $\frac{1}{2}$ c.	.04
Total	.1662

IV. Walnut Cake.

Standard Cake —	.1262
Walnuts.	.0625
Total	.1887

Lesson XIV.
Apr. 3.

Boiled Sugar Sponge Cake.

6 eggs.
1½ cups sugar.
½ cup water.
2 cups flour.
flavouring.

Beat the eggs till very light. Stand the bowl in a pan of cold water. Boil the sugar and water till it hairs or threads. Pour in a thin stream into the well-beaten eggs, beating continuously. Beat till cold, light, thick and foamy. Sift in the sifted flour. Add the flavouring. Cut and fold till free from lumps. Bake in a moderate oven about 30. min.

notes: The cake is cooked if when touched with the finger it springs back to place. It will also shrink from the pan.

2. The oven door should be left open a few minutes before removing the cake
3. The cake will shrink but should not fall or dip in the centre.

Boiled Sugar Sponge Cake.

4. This cake should be broken, not cut. Heavy whipped cream, sweetened and flavoured makes a good addition.

5. The flavouing is usually the juice of $\frac{1}{2}$ lemon.

Cost.

Eggs @ 24¢.	— .12.
Sugar @ 06.	— .045
Water.	
Flour @ 3¢	.015
Flavouring	<u>.0083.</u>
Total	.1883.

Pastry (from page 47)

rubbed in gently with the tips of the fingers. Add enough cold water to make a stiff, ragged dough. Press on a floured board, roll in an oblong with a light gentle pressure. Divide the butter in four equal parts. Dot the pastry with one of these portions. Sprinkle with flour. Fold in thirds both ways. If necessary chill. Roll again. Repeat till all the butter is used. The greater the number of times the pastry is rolled (provided it does not get soft) the more flaky it will be. If possible lay in a clean cloth and let stand over night. Pastry should be cooked in a hot oven.

A pound of pastry makes three generous pies.

Table of Lessons Spring Term.

Number.	Date.	Lesson.
<u>I</u>	Apr. 17.	Cooking School Demonstration.
<u>II</u>	" 24.	A Luncheon menu.
<u>III</u>	May. 1.	Sewing lesson.
<u>IV</u>	" 8.	" "
<u>V</u>	" 15.	" "
<u>VI</u>	" 22.	" "
<u>VII</u>	" 29.	" - (Dopes)
<u>VIII</u>	June 5.	Examination.
<u>IX</u>		

Lesson I.

Apr. 17. Cooking School Demonstration. (Page 61.)

Lesson II.

Apr. 24.

A Luncheon Menu.

Tomato Soup. Croûtons.

Beef Loaf. Potato Salad.

Prune Whip. Custard Sauce

Sponge Cake. Coffee.

Look up recipes for Tomato Soup, Croûtons,
Custard Sauce, Sponge Cake (both kinds)
and Coffee.

Beef Loaf

1 lb. lean beef.

1 tsp. salt.

1 tablesp. parsley.

$\frac{1}{2}$ " pepper

1 egg.

2 tablesp. dripping.

Gravy.

2 tablesp. flour.

1 cup water.

Chop the meat very fine, Mix thoroughly
with it, parsley, salt and pepper. A little
finely chopped onion may be added.
Beat the egg just enough to mix the yokes

Beef Loaf.

and white. Melt the dripping in the baking pan. Pour egg over the meat and mix. Dip the bands in cold water and leaving them wet shape the meat into a compact roll. Place in the baking pan and put in a hot oven. Baste every ten minutes, reducing the heat of the oven after the first basting. Cook about thirty minutes. Remove the loaf, carefully to a hot dish.

Gravy, - Stir the flour into the hot fat and let colour a good brown. Add the water and cook till it boils and thickens. Season with salt and pepper. Pour round the loaf on the dish.

Salad Dressing.

1 cup milk.	1 cup vinegar.
3 tablesp. flour.	4 tablesp. Sugar.
2 " butter.	3 tablesp. mustard.
	2 " salt.
3 eggs.	$\frac{1}{8}$ tablesp. cayenne.

Make a white Sauce. To the vinegar add the sugar, mustard, salt

Salad Dressing.

and cayenne and let come to the boiling point. When both the white sauce and the vinegar are boiling pour the vinegar into the sauce. Stir till well blended. Then pour the whole over the well-beaten eggs. If the eggs are not sufficiently cooked, cook for a few moments longer in the top of a double boiler. This dressing will keep for some days in a covered jar.

Prunes.

Wash the fruit thoroughly. Let soak over night in cold water to cover. In the morning cook till the fruit is soft. Preferably in the top of a double boiler. Add sugar to taste.

Prune Whip.

- 1 egg white.
- 4 tablesp. fruit pulp.
- 2 " sugar.
- 1 tablesp. lemon juice.

Rub the cooked prunes through a coarse sieve. Add sugar and

Prune Whip.

lemon-juice. Cook till as thick as marmalade. Cool slightly, Cut and fold into stiffly beaten egg whites. Pile lightly in a baking dish (this may be buttered) and bake in a moderate oven till firm. Serve at once, with Custard Sauce.

Lesson I.
Apr. 17.

Cooking School Demonstration.

Instead of our regular Domestic Science lesson we were invited down to the Town Hall to hear Miss McPhee give a demonstration on bread-making.

The demonstration as a whole was very interesting and instructive. It showed ~~that~~ simple bread making really is. Many people think that is a hard and complicated process but it is much easier than cake making.

Much of what Miss McPhee told us we had studied in our lessons on bread-making but some ^{was} new and interesting. She showed how bread could be beaten lightly and more easily by a wrist movement and not by the use of the whole arm or even of the body. She said that it was better not to knead the bread at all than too much. In summer there is enough warmth in a sunny window to allow the bread to rise there. We had always been accustomed to putting flour on the board, but Miss McPhee did not use any and the bread did not stick.

Among the things we had studied before were the main principles of bread-making.

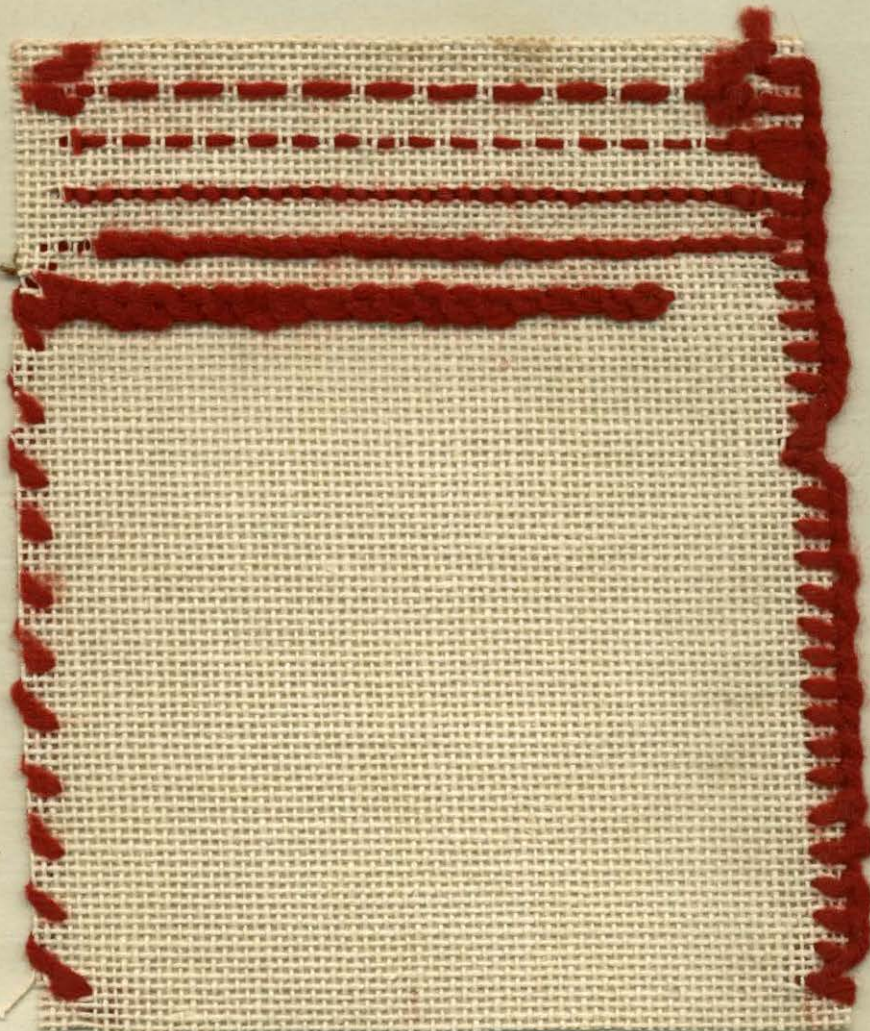
The yeast plants require five things for growth. Moisture, warmth, air, food and time. Time and pains, Miss McKee said were the things most needed in bread-making. We also knew that the bread should be cooled quickly and not wrapped about with numerous articles, and that it should be kept in a clean, well-ventilated place.

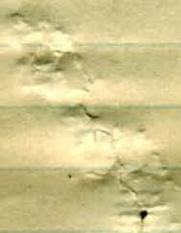
The part of the demonstration which interested me most, I think, was the last part. Some fine powdery flour was mixed into a stiff dough with a little water, and kneaded for a minute or so. Then the gluten was stretched and worked until it was very thin and transparent and over three times its former size. When stretched too much it broke apart. So, in our bread-making, we must be careful not to let the bread be overlight or the gluten breaks.

We were then served with bread, a cup of tea, and a piece of fruit cake, which we also enjoyed.

April 24









May 29.

Lesson VIII.

Tapes.

I. Strings

1. Fold in the end of the tape $\frac{1}{4}$ " for a turning.
2. Lap this end $\frac{1}{2}$ " over the edge of the garment and pin in place.
3. Hem the edges, fold back the tape and overland the fold of tape to the edge of garment.

II. Flat Loops.

1. Fold in both ends $\frac{1}{4}$ " for a turning.
2. Pin in place on the garment.
3. Hem round three sides of tape & depth of $\frac{1}{2}$ " on the side and stitch across the tape or stitch round the four sides.

III. Hangars.

1. Fold in both ends $\frac{1}{4}$ " for a turning.
2. Double the tape having the raw edges inside.
3. Lay the ends of the tape side by side $\frac{1}{2}$ " apart. Lapping them $\frac{1}{2}$ " over the garment.
4. Hem the three sides. Run back and overland folded tape to the garment.

62

Notes

Beverage.

Coffee $\frac{1}{2}$ tablesp. coffee.

Scrub the coffee pot.

1 tsp egg white or 1 eggshell.

Add cold water & crushed

2 tablesp. cold water.

eggshell and mix with

$\frac{2}{3}$ cup boiling water.

coffee. Put mixture into

pot pour on boiling water and stir thoroughly. Boil 3 min and move to back of stove. Stir, pour some into cup to clear the spout. Return and repeat. Add 1 tablesp. cold water (cold sinks), stand to keep hot but not ~~boil~~ for 5 min. Serve at once.

Beef Tea. Cut in small pieces. Cover with cold water and heat gradually to ^{160°} 170° F. Allow to remain at this temperature 10-15 min. Press and strain. Flavour with salt and pepper.

Methods of Mixing

1. Stirring circular, mixing.
2. Beating counterwhirl, entangling air.
3. Folding light & in shape to avoid breaking air-bells.
4. Cutting. Cutting shortening into pastry.
5. Kneading. Bread, smooth and elastic.
6. Rolling. Even, light pressure of a rolling pin.

Notes

Lightening Agents.

I. Air.

(1) beating

(2) beaten eggs.

2. Steam, water heated suddenly.

3. Carbon Dioxide generated in the flour mixtures by the action of an alkali upon an acid in the presence of moisture.

a) (1) Soda and acid of sour milk.

(2) " " " " molasses

(3) " " " " cream of tartar.

(4) " " " " baking powder.

(b) generated by action of yeast.

c, generated by flour moisture forced into it by machinery.

4. Gluten.

Beverages.

Cocoa. 1 - 2 tasp. cocoa.

 $\frac{1}{3}$ cup water.

1 tasp. sugar

 $\frac{1}{3}$ cup milk.

Pinch of salt.

Before adding milk

boil ten minutes. Add

milk, scald. Beat

Reheat and serve.

Tea, 2 or 3 tasp. tea.

2 cups boiling water.

or. 1 tasp for $\frac{2}{3}$ cup boiling water.

Scald teapot. Put in

tea spoon on boiling water.

Cover closely. Steep 5 min. in a warm place.

"Notes"

Eggs.

Boiled.

Allow 1 cup of boiling water for each egg to be cooked and extra for the pot. Put the water in pot and bring to boiling point. Put in the eggs cover closely and stand on the part of the stove, which may be touched by hand.

10 min — soft.
 15 min. — medium.
 20 min — firm.

The cooking of food.

- (1) Develops flavours which are agreeable.
- (2) Offers variety in taste.
- (3) Destroys germs.

Beverages.

Beverages is a term applied to any liquid used as a drink and to quench thirst.

1. Refreshing, - lemonade.
2. Nourishing - milk, cocoa,
3. Stimulating - wines, beef tea,

Lemonades -

- $\frac{1}{2}$ lemon.
- $\frac{2}{3}$ cups ice cold water.
- 3 tbsp. Sugar.

Notes.

- 2 cups ^{gran.} sugar = 1 lb. aqt. Boiling point = 212° .
 2 " butter = 1 " Simmering = 180° - 200° .
 4 " flour = 1 lb.
 $2\frac{3}{4}$ " powd. sugar = 1 "
 $2\frac{2}{3}$ " brown " : 1 "
 $2\frac{2}{3}$ " oatmeal. 1 "
 $4\frac{4}{5}$ rolled oats. 1 "
 9 large or med. eggs = 1 lb.
 2 tablesp. butter 1 ounce
 4 " flour 1 "
 2 " sugar 1 "
 4 " powd. sugar 1 "
 2 cups raisins 1 lb.
 2 " grated cheese 1 lb.
 2 " cornstarch 1 lb.

Nut Bread. (Miss M^c Guey's).

1 cup b. sugar, 1 egg, 1 dessertspoon butter, $1\frac{1}{4}$ cup milk,
about 4 cups flour, 4 level teasp. b.-powder, 1 cup chopped walnuts,
a little salt. (Let rise for 20 min.) Sewer sliced thinly
and buttered.

Ginger ^{Wafers} (Miss M^c Guey's).

1 cup b. sugar, 1 cup molasses, 1 tablesp. ginger, 1 tablesp. soda,
2 tablesp. vinegar. Beat sugar, molasses, ginger & soda
together. Add vinegar. Add enough flour to make fairly stiff
dough.

Supplement to

Ogilvie's Book for a Cook

Containing Some New
And Economical Recipes



Apr. 17.
1912.

Miss M^c Guey
Miss Langton.

With the compliments of

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